

# YOGA LOKA

34 Bridge Street, 2nd floor Frenchtown, NJ 08825  
908-268-7430 [www.Yoga-Loka.com](http://www.Yoga-Loka.com)

## YOGA FOR TEENS *with*

*Risa Sackman*

This class is designed to connect girls grades 6 through 9 (ages 11 to 15) to their breath, their bodies and their inner selves. Through an exploration of yoga poses, meditation, pranayama (breath exercises) and journaling, participants will be asked to open their hearts, find their voices and work towards becoming the women they want

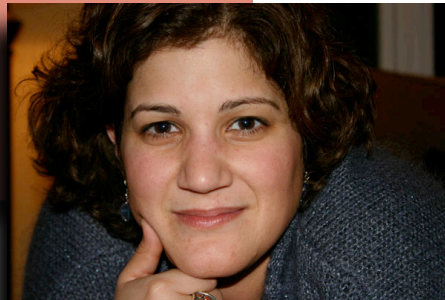
2 Saturday sessions,  
February 21st or  
March 21st

4:30 pm-6:30 pm

\$25 per class  
Both classes \$40

Registration is required by 2/15 for the  
February session and by 3/15 for the  
March session

Risa Sackman is a consultant and educator who specializes in young adolescent development and middle grades curriculum and instruction. It is a joy for her to share the practice of yoga with girls of this age. Risa is also a graduate of the Yoga Loka Teacher Training, and teaches a weekly level 1-2 class



---

Name:

---

Phone Number:

---

Email Address:

---

Mailing Address

---

Please send a check for Yoga for Teens made out to Yoga Loka.

Registration fees are non-refundable. Yoga Loka reserves the right to cancel workshops at any time. All fees will be returned if a workshop is cancelled.

YOGA LOKA 34 Bridge Street Frenchtown NJ 08825 908-268-7430 [www.YOGA-LOKA.com](http://www.YOGA-LOKA.com)